



HEALTHBEAT

Holiday 2005

Update from the CVH Staff:

Happy Holidays!

- ◆ The CVH Program is pleased to announce the recipients of the FY06 Heart Truth mini-grants:

- North Central District Health Department
- Loup Basin Public Health Department
- Panhandle Public Health District
- UNMC

- ◆ February 3rd, 2006 is National Wear Red day for Heart Month. If you would like more information on activities taking place during February to recognize Heart Month, please contact Kari Majors at 402-471-1823.

Upcoming Conferences and Events

- ◆ **Obesity, Lifestyle, and Cardiovascular Disease Symposium**
January 18-20, 2006, Grand Hyatt, Washington, DC. This two-day symposium, sponsored by the American Heart Association, will address the challenge of obesity by focusing on the prevention and the treatment of this disease. The overall goal of the conference is to contribute to credible scientific efforts to reduce the prevalence of obesity and alleviate its effects on cardiovascular disease.
- ◆ **International Congress on Physical Activity and Public Health**
Online registration is open for the International Congress on Physical Activity and Public Health, 17-20 April 2006, Grand Hyatt Atlanta Bulkhead, Atlanta, Georgia. Early registration deadline is December 2, 2005 and affords a \$50 savings over the fee from December 3, 2005 to April 7, 2006. After April 7 and on site fees are higher. See http://www.cdc.gov/nccdphp/dnpa/ICPAPH/congress_registration/index.htm
Go to <http://www.cdc.gov/nccdphp/dnpa/ICPAPH/> to also access abstract submission information (deadline is Friday, 2 December, 2005 6:00 p.m. EST), updates on the Scientific Program and the new link for Social and Cultural Program events.



Holiday 2005
Volume 3, Issue 11-12

In this Issue

1. Update from the CVH Staff
2. Upcoming Conferences and Events
3. Physical Activity, Nutrition and Obesity Information
4. Heart Disease and Stroke Related Information
5. Resources and Funding Opportunities



Physical Activity, Nutrition and Obesity Info

ReCharge! - After-School Physical Activity and Nutrition Program

ReCharge! is the first nationally distributed after-school program that fully integrates physical activity and nutrition through team-based activities for children in grades 3-6. After school time is a great opportunity to provide children with fun activities that can also help foster the development of lifelong habits of good nutrition and physical activity. ReCharge! was designed to help improve children's eating and physical activity habits. ReCharge! will be available on the website September 7, 2005 http://www.actionforhealthykids.org/special_after.php

Report on American Obesity – F as in Fat: How Obesity Policies are Failing in America

From the Trust for America's Health, updates the 2004 report with state-specific information and a discussion of childhood obesity. Online at <http://healthyamericans.org/reports/obesity2005/Obesity2005Report.pdf>

Exercise Shown to Prevent Extra Pounds for Adolescent Girls

When it comes to preventing obesity among adolescents, exercise may prove to be a key factor. Results from the National Heart, Lung, and Blood Institute's Health and Growth Study, published in the July 23 issue of the *Lancet*, indicate that inactive girls gained an average of 10 to 15 pounds more than active girls during adolescence, despite only a slight caloric increase. These results help connect an increase in body mass index (BMI) with the previously reported sharp decrease in the amount of physical activity among adolescent girls. Read the full article at: <http://www.nhlbi.nih.gov/new/press/05-07-14.htm>

Promoting Health and Preventing Obesity in After School Programs: Critical Issues to Consider

This working paper by CANfit (California Adolescent Nutrition and Fitness Program) examines opportunities for after school programs to help address the physical activity and nutrition needs of middle school-aged youth of color.

American College of Preventive Medicine Position Statement on Physical Activity Counseling

The American College of Preventive Medicine (ACPM) maintains that primary care providers should counsel patients about physical activity during routine patient visits. The organization suggests that interventions of only two to four minutes can be effective.

The CDC Releases State Obesity Fact Sheets

These fact sheets contain results from weighted Youth Risk Behavior Survey (YRBS) and School Health Profiles data related to obesity among youth. The YRBS results describe the problem by identifying the percent of high school students who are overweight, engage in unhealthy dietary behaviors, or are physically inactive. The Profiles results describe characteristics of health education, physical education, opportunities for physical activity, and the school environment among middle/junior and senior high schools that may help address the problem.

Designing Heart-Healthy Communities

<http://msnbc.msn.com/id/9466932/site/newsweek/>
We've had enough of good advice. The real secret to fitness is to live in an environment that encourages it. Forecasting heart disease is becoming an ever-finer art, as researchers learn more about the risk factors. But here's a predictor you may not have heard about: street address. In a study published last year, scientists at the RAND Corp. scored 38 metropolitan areas on the "sprawl index"-basically a measure of their dependence on cars. When the researchers tallied disease rates for the same areas, an interesting pattern emerged. Other risk factors aside, people in densely populated places graced with sidewalks and shops had the lowest rates of diabetes, hypertension, heart disease and stroke. And the rates rose steadily as communities became more spread-out and less walkable.

Overweight Teens Face Greater Health Risks as Adults

Expanding waistlines among American teens have become a growing concern among health officials. A new Health and Growth Study followed girls ages 9 to 10 over a ten-year period. The study found that girls who became inactive during their preteen and teen years gained an extra 10 to 15 pounds by age 19, and that overeating was not a factor in the girls' weight gain. The study found that increasing activity levels by as little as 75 minutes per week can prevent teenage girls from becoming overweight and help them grow into healthy adults, placing them at lower risk for heart disease, cancer, diabetes, and other life-threatening conditions.

http://www.cancer.org/docroot/NWS/content/NWS_2_1x_Couch_Potato_Kids_and_Cancer.asp

Heart Disease and Stroke Related Information

Cold Weather Increases A1Cs

Do your A1C levels rise every winter? You're not alone. A team of researchers working in Veterans Health Administration centers across the country has found a link between cold weather and higher A1C levels. (A1C tests provide a snapshot of blood glucose control over 3 months.) For 2 years, the group studied 272,722 veterans with diabetes. The A1C levels of those in the study group were averaged and analyzed by climate and season. After considering other factors that could affect A1C levels, such as age, sex, race, and severity of diabetes, the researchers found an independent seasonal pattern linked to colder temperatures. In all climates, A1C levels peaked from February through April; they hit their lowest points in August through September. The average increase in A1C levels from summer to winter was 0.22 percentage points.

Smokers More Likely to Develop Diabetes

An article in the October 2005 issue of *Diabetes Care* shows people who smoke are nearly three times as likely to develop diabetes. View the abstract:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16186292&itool=iconabstr&query_hl=9

At Any Cholesterol Level, Physical Fitness Cuts Risk of Cardiovascular Death in Half

A recent study in *Circulation: Journal of the American Heart Association* reveals that being physically active reduces men's risk of cardiovascular death by half, regardless of their cholesterol level. The study, which followed men between the ages of 20 and 79 over a 16-year period, defined physical fitness as four to five 30-minute segments of physical activity per week (the equivalent of walking 130-138 minutes per week).

<http://www.americanheart.org/presenter.jhtml?identifier=3033197>

Smoking May Increase Abdominal Obesity

An article in the September 2005 issue of *British Medical Journal* shows people who currently smoke had higher waist to hip ratios and bigger waists than former smokers and people who have never smoked. View the abstract:

<http://bmj.bmjjournals.com/cgi/content/extract/331/7517/596-d>

Patients with Masked Hypertension Face High Stroke Risk

A long-term study published in *Circulation: Journal of the American College of Cardiology* reveals that patients with masked hypertension share similar stroke and death rates with patients having sustained hypertension, and should be treated similarly. The study, the first of its kind to pinpoint the risks of masked and "white coat" hypertension, also found that patients with white coat hypertension shared similar stroke and death rates as those with normal blood pressure. Patients with masked hypertension who remain undiagnosed also face an increased risk of developing organ damage or other cardiovascular problems.

<http://www.acc.org/media/releases/highlights/2005/aug05/hypertension.htm>

Women Reap Same Benefits from Anticoagulant Treatment as Men -- among Patients with Atrial Fibrillation

A recent study published in *Circulation: Journal of the American Heart Association* reveals that women with atrial fibrillation get the same health benefits as men when treated with the anticoagulant warfarin. The study followed 5,795 women and 7,764 men with nonvalvular atrial fibrillation over an average of 2.4 years and found that among those who did not take anticoagulants, women were more likely than men to develop blood clots. The study also showed that among the men and women who took warfarin, women benefited just as much as men in reducing their risk for thromboembolism caused by blood clots. According to the American Heart Association, an estimated 2.2 million Americans have atrial fibrillation, and 15 percent to 20 percent of strokes occur in people having the condition. <http://www.americanheart.org/presenter.jhtml?identifier=3033452>

New Statement Provides Guidelines for Heart Disease Prevention in Children

New dietary guidelines for children and adolescents encourage parents to take steps during their child's infancy to prevent heart disease. "Dietary Recommendations for Children and Adolescents: A Guide for Practitioners" -- published online in *Circulation: Journal of the American Heart Association* -- cautions that babies are being fed less nutritious foods today than they were 10-15 years ago. With daily diets now consisting of fast food and little or no fruit, poor diets have become the norm. The statement provides specific dietary and fitness guidelines for children under the age of 2 and those age 2 and older. The statement urges parents to serve nutrient-dense foods, encourage at least 60 minutes of physical activity per day, and model healthy eating and exercise habits themselves. <http://www.americanheart.org/presenter.jhtml?identifier=3034001>

Heart Disease and Stroke Related Information

High Blood Pressure Increases Cardiovascular Disease Risk in Overweight People

According to a report in *Hypertension: Journal of the American Heart Association*, excess weight that causes elevated blood pressure levels can increase cardiovascular disease risk. The study followed 139,562 French men and 104,236 French women from 1972 to 1988 who had routine physicals that included blood pressure, cholesterol, and fasting glucose monitoring. Results showed that men and women who were overweight and had high blood pressure had double the risk of fatal heart attack or stroke than overweight people with normal blood pressure. According to the study, the best treatments for cardiovascular disease in overweight patients are those that target both weight problems and high blood pressure. <http://www.americanheart.org/presenter.jhtml?identifier=3033529>

Statins Have Surprising Effect on Elderly

A recent study published in *Circulation: Journal of the American Heart Association* found that statins can reduce heart disease risk in elderly patients with low levels of HDL, or "good," cholesterol. This result is in contrast to younger patients in whom LDL, or "bad," cholesterol levels -- not HDL -- benefit more from statin therapy. In the study of at-risk men and women aged 70 and older whose HDL was 45 milligrams per deciliter or lower, those who received statins were one-third less likely to experience a non-fatal heart attack or die from heart disease. While further studies are needed to determine exactly how statins reduce cardiovascular risk in the elderly, some experts suspect statins' anti-inflammatory properties may play a role. <http://www.americanheart.org/presenter.jhtml?identifier=3035148>

Thermal Stimulation Helps Stroke Victims Recover

According to a recent study published in *Stroke: Journal of the American Heart Association*, thermal stimulation -- alternating heat and cold therapy -- can help stroke victims recover use of their upper body. Study participants who underwent a few weeks of heat- and cold-therapy cycles experienced significantly improved sensory and motor function in their arms and hands. The study was the first of its kind to evaluate the effects of thermal stimulation in stroke survivors' paralyzed upper limbs. Previous studies have proven the therapy effective in improving many areas of the brain, which can also help in stroke recovery. <http://www.americanheart.org/presenter.jhtml?identifier=3035150>

High Blood Pressure among Elderly Not Well Controlled

New data from the National Heart, Lung, and Blood Institute's long-standing *Framingham Heart Study* reveals that while rates of high blood pressure increased with age, the number of people receiving treatment did not. Nearly 75 percent of men and women age 80 and older have high blood pressure, placing them at an increased risk for stroke, heart attack, and kidney failure. The study points to poor selection of drug classes and the use of a single drug for therapy as possible causes for ineffective treatment. Successfully controlling high blood pressure among older adults can mean the difference between living additional healthy years or spending the later years recovering from a debilitating illness. <http://www.nih.gov/news/pr/jul2005/nhlbi-26.htm>

PAD Risk Higher in African Americans

African Americans are twice as likely to develop peripheral artery disease (PAD) than non-Hispanic whites. That's according to a study published in *Circulation: Journal of the American Heart Association*, which compared PAD rates among African Americans, Hispanics, non-Hispanic whites, and Asians. Findings revealed that African Americans' individual PAD risk is as high as a person in another ethnic group who is 10 years older, or someone the same age who has smoked a pack of cigarettes a day for the past 20 years. While the study controlled for other PAD risk factors -- including hypertension and diabetes -- African Americans were still found to have 2.34 times the risk of PAD than non-Hispanic whites, for reasons that remain unclear. The findings indicate that physicians need to be particularly alert for increased PAD risk in their African American patients. <http://www.americanheart.org/presenter.jhtml?identifier=3034834>

New Evidence Boosts Importance of Metabolic Syndrome Treatment

According to a new scientific statement published in *Circulation: Journal of the American Heart Association*, metabolic syndrome is becoming a larger health concern in the United States. With obesity and inactivity on the rise, metabolic syndrome has become more prevalent, affecting over 50 million Americans. This new statement is significant because it provides more evidence and justification for diagnosing and treating metabolic syndrome along with other traditional risk factors such as high blood pressure and cholesterol. <http://www.americanheart.org/presenter.jhtml?identifier=3033454>

Resources and Funding Opportunities

Women's Sports Foundation -- GoGirlGo! Grant and Educational Program

Application Deadline: November 30, 2005

Description: The purpose of the GoGirlGo! Grant and Educational Program is to provide financial assistance to sports and physical activity programs seeking to add new or expanded program participation opportunities for an underserved population of girls, particularly economically disadvantaged girls and/or girls from populations with high incidences of health-risk behaviors.

Who May Apply: Applicants must have a demonstrated ability to deliver girls' sports/physical activity programming to girls in grades 3 through 8. Applicants must deliver a minimum 8-week sports/physical activity program, with preference given to organizations working consistently with girls throughout the year. Program leadership must be administered by experienced and committed adults. Organizations must have 501(c)(3) program status or nonprofit status. If the program does not have nonprofit status, it may be possible to receive a grant under the support of a local fiscal agent. All applicants must exhibit commitment to implement the GoGirlGo! educational curriculum, including completion of a post-project attitudinal survey. The GoGirlGo! curriculum may be implemented following receipt of a grant.

Funding Amount: A total of \$200,000 will be awarded.

The Gerber Foundation

Application Deadlines: Grant awards are approved in May and November. Initial letters of inquiry are accepted at any time but should be submitted no later than five months prior to these award dates. For the May round, submit letters prior to December 1; for the November round, submit letters prior to June 1.

Description: The foundation's mission focuses on infants and young children. Accordingly, priority is given to projects that improve infants' and young children's nutrition, care, and development from the year before birth to three years of age. Programs should support a specific nutrition intervention and have defined outcome parameters. The foundation gives priority to projects of national or regional impact. Projects should be sufficiently focused to make a noticeable difference in the field of interest.

Who May Apply: Organizations recognized as tax-exempt under Internal Revenue Code 501(c)(3) are eligible to apply for foundation grants. Organizations must also be determined not to be private foundations under Internal Revenue Code 509. No grants are made to individuals. With few exceptions, only organizations with principal operations in the United States and its territories are eligible for funding. Within the United States, there is no geographic limitation to the foundation's grant making.

Funding Amount: While there is no policy affecting the dollar amounts of foundation grants, there are some practical considerations. Projects requiring small grants (generally under \$50,000) are typically local in scope and impact, and therefore may not be within the scope of national funding initiatives. Large requests (greater than \$1 million annually) may exceed available foundation resources. Please describe your need for funds in a way that makes sense for the specific request. Clearly describe the impact foundation dollars will have on the course of the project. For more information, go to:

http://www.gerberfoundation.org/grantmaking_policies.htm

ASTHO LAUNCHES WEB SITE SECTION FOCUSED ON EVIDENCE-BASED PUBLIC HEALTH INTERVENTIONS

The Association of State and Territorial Health Officers has launched a new section on its Web site to highlight initiatives and research focused on increasing the evidence base supporting public health interventions. The section, titled Evidence-Based Public Health, contains fact sheets summarizing recommendations of the Task Force on Community Preventive Services. Current topics include diabetes, oral health, physical activity, social environment, and violence. Additional evidence-based public health resources will be added to the site in an ongoing manner. The Web site section is intended to assist policymakers in utilizing current best evidence to make informed decisions about public health programs and interventions that promote health and prevent disease, injury, and disability. The section is available at http://www.astho.org/?template=evidence_based_ph_practice.html.

You are receiving this information because you are a subscriber to the Healthbeat newsletter distributed by the CVH Program. If you wish to be removed from this newsletter, please email kari.majors@hhs.gov and type remove in the subject line.